

Delaware Health Education Standards

1. Students will *understand essential health concepts* in order to transfer knowledge into healthy actions for life.
2. Students will *analyze the influence* of family, peers, culture, media, technology and other factors on health behaviors.
3. Students will demonstrate the ability to *access information*, products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal *communication skills* to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use *decision-making skills* to enhance health.
6. Students will demonstrate the ability to use *goal-setting skills* to enhance health.
7. Students will demonstrate the ability to *practice health-enhancing behaviors* and avoid or reduce health risks. (self-management)
8. Students will demonstrate the ability to *advocate* for personal, family and community health.